

BEST PRACTICE CATALOG

Project Title: **ARTS IN MENTAL HEALTH**

Function Category: ☒ PATIENT-FOCUSED ☐ ORGANIZATION ☐ STRUCTURES

Subcategory: **Care of Patients**

Heading: **Programming**

Key Word(s): **Fine Arts**

Contact Person: **Linda Wargo, Artist Facilitator**

Telephone Number: **(805) 468-2086**

Hospital: **Atascadero State Hospital**

Purpose: Through participation in visual, literary or performing arts the patient will learn to develop artistic skills, expand avenues of communication and self-expression and expand socialization and interpersonal relationship skills. Attaining these skills supports the patient's entry into the treatment process as well as building a link to community based resources and projects useful to leisure time utilization at the disposition site.

Brief Description: Community contract artists instruct groups using appropriate contemporary materials such as paint, pencil, clay, musical instruments, art books and videos. Activities include discussions, readings, performances, exhibits, individual and group process and demonstrations as well as the hands on experience with media.

Selection Basis/Criteria: Patient demonstrates an interest in art or leisure activities. This program does not require demonstrated art ability. Most workshops are appropriate for all levels of ability. Theatre and writing workshops require minimal reading and writing skills.

The following items are available regarding this Best Practice:

☐ Photographs ☐ Video Tape ☐ Drawings ☐ Manual

☐ Other _____

DATE SUBMITTED: **September 17, 1998**

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